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A
SACK OF
RICE

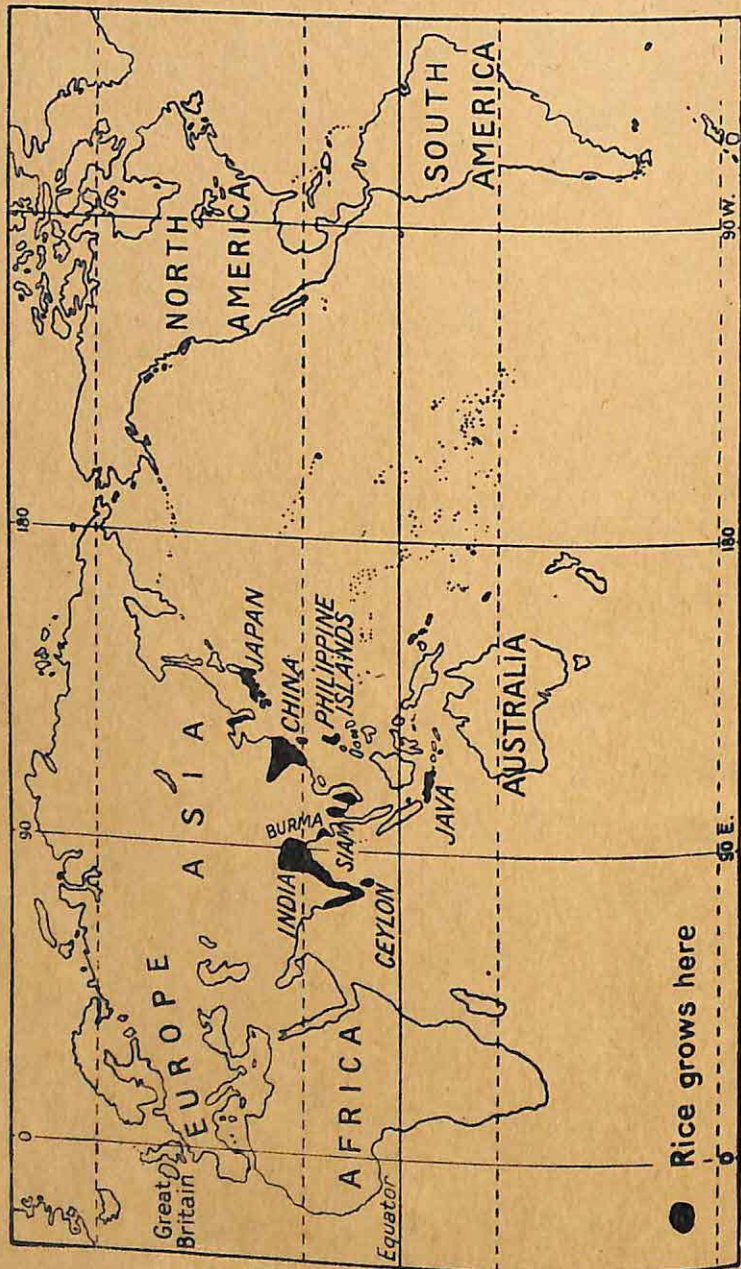
by

GWEN CROSS

THINGS WE USE

BOOK FOUR

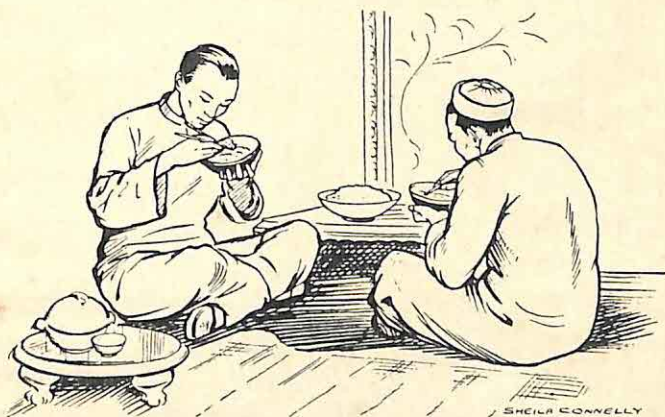
LONGMANS



CHAPTER I

PADDY

RICE is the chief food of people in the East. Indians cook their rice until each grain is dry, and does not stick to the other grains. They eat curry with their rice. They take it up with three fingers only of their right hands. The Chinese take up their rice between two short sticks held in one hand.



CHINESE EATING RICE

Rice grows like wheat. Some rice grows only one foot high, other rice grows to five feet. The green flowers grow on a tall stem. The grains are oval and pointed at each end. They have tough, yellow,

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red or brown skins called husks. It is difficult to take off this husk. Rice with the husk on it is called paddy. Paddy keeps good for several years.

There are two kinds of paddy, swamp paddy and hill paddy. The names tell us that one kind grows in water and the other on drier hills. Both kinds are planted in the wet months and ripen in the dry months. Hill paddy grows best if the soil holds water well.

Men build walls with stones across a hill, and make the soil flat behind the walls. This makes terraces like wide steps on the hill side. There are terraces on many hills in Ceylon.

The farmer throws the paddy on the field and covers it with soil so that the birds cannot take it.



TERRACES ON A HILLSIDE

PADDY



SHEILA CONNELLY

CHILDREN DRIVING AWAY BIRDS

Sometimes he plants the paddy in straight lines. For a few weeks he weeds between the young plants.

The paddy ripens in three to seven months. Then thousands of birds come down. The people build huts and platforms in the fields and all go to live there to drive away the birds. Children tie tins on long strings to the platforms. When they pull the strings the noise of the tins hitting together makes the birds afraid. Boys collect stones and wait for hours on the platforms to throw stones when the birds come near.

When the paddy is ripe the people cut off the heads of grain or pull up the plants. These dry in the sunshine. Then men make them into stacks or thresh the paddy and store it.

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THINGS TO DO

1. Try to find pictures about paragraphs 4, 5, 6 and 7. If you may, cut them out and paste them in your book. Copy a sentence from each paragraph under each picture.
2. Draw round a cup or a little plate. Draw round a hen's egg. Which drawing is oval, which is round?

QUESTIONS

1. What is paddy?
2. Name two kinds of paddy. Which kind grows in water?
3. Find the sixth paragraph. Read it again. Tell me what people do to drive away the birds from the paddy fields.
4. In what country do people eat curry with their rice?
5. (a) Find in Column B the right words to end the sentences begun in column A.

A

Paddy husks are
Terraces are like
The grains are
Children tie tins on
The people build huts

B

oval.
in the fields.
wide steps.
tough.
the platforms.

- (b) Find the third word in the second sentence of the fourth paragraph. Copy it.

CHAPTER II

A SWAMP PADDY FIELD

BEFORE they plant swamp rice men clear the land and divide it into little fields. Round each they make walls two feet high. They dig drains outside the walls. Water flows in the drains from the rivers. Places in the walls can be opened to let the water in or out.

The farmer opens the wall and water flows over the field. Oxen walk in the field and mix the soil and water together to make mud. The farmer throws the paddy on the mud. The birds eat some of it. The plants grow very near together. The farmer pulls up some. Paddy grows well only if the grain is six weeks old. Fresh or old paddy will not grow.

Many farmers plant the paddy first in a nursery. This does not waste the grain. The farmer puts the paddy in water for 24 hours. Then it stays in heaps for five or six days covered with sacks or dead grass. The roots begin to grow. This paddy is then planted in the nursery.

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When the seedlings are ten inches high the women pull them up gently and tie them in bundles. Water covers the paddy fields. Women transplant four or six seedlings in groups together in the mud. The seedlings from two bushels of paddy will fill an acre field. People stand all day in the water planting the seedlings. The sun is very hot. It is hard work.

In the wet months rain often falls every day. The paddy grows in water. Sometimes the farmer lets the water out from the field, and weeds between the plants. When the flowers appear he opens the wall and lets the water flow away. Paddy must



PLANTING PADDY

A SWAMP PADDY FIELD



CUTTING PADDY

ripen in a dry field. Every four or five days he lets enough water in to make the soil wet. These are now the dry months when no rain falls.

When it is ripe the people cut the paddy and let it dry in the sunshine. They make stacks and thatch them to protect the paddy from the birds. The Burmese make hats with the straw.

THINGS TO DO

1. Try to find pictures of planting swamp paddy, or oxen ploughing in the mud. If you may, cut out the pictures and paste them in your book. Write under each picture what it is about.

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2. (a) If you can get some paddy that is six weeks old, plant it in a tin or box that is half full of soil. Cover the soil with water. Watch the paddy grow.
- (b) Soak other paddy. Let it wait five or six days in the dark. Plant it. Which paddy grows more quickly, (a) or (b)?

QUESTIONS

1. What does the farmer make round each swamp paddy field?
2. Which paddy would you plant :
 - (a) Paddy harvested six years ago?
 - (b) Paddy harvested six days ago?
 - (c) Paddy harvested six weeks ago?
3. When would you plant paddy; at the beginning of the wet months or at the end of them?
4. How many bushels of rice would you need to plant a two-acre field?
5. Write all the words you can that rhyme with *grow*.
6. Write verbs in these sentences :
 - (a) The birds . . . the ripe paddy.
 - (b) The Burmese . . . hats with the straw.
 - (c) Oxen . . . in the fields.
 - (d) Women . . . the seedlings.
7. Make a list of the words that you did not know in this chapter. Put them in alphabetical order. That means write them so that their first letters follow the order of the alphabet, a, b, c, etc.

CHAPTER III

HOW MEN TAKE WATER TO THEIR FIELDS

SOME places in the world do not have enough rain.

Plants can only grow *there if men take water to the* soil. Long ago the Egyptians and Chinese knew about digging drains from the rivers to their fields. When we take water from rivers or lakes to the fields we say we irrigate the land. We call this work irrigation.

Rain falls in south-east Asia for only a few months each year. It begins in May and ends in September. There is no rain in the other months from September to May.

Some years the rain comes late or it is not enough. People cannot plant their rice, or if they have planted it, it dies. There will not be enough rice for every one to eat. There will be a famine of rice and water. Many people will be weak, sickness will spread, thousands will die.

The Government has helped the Indian people to irrigate their fields. In parts of India the Government has built big dams across the river valleys to make lakes to store water. A dam is a

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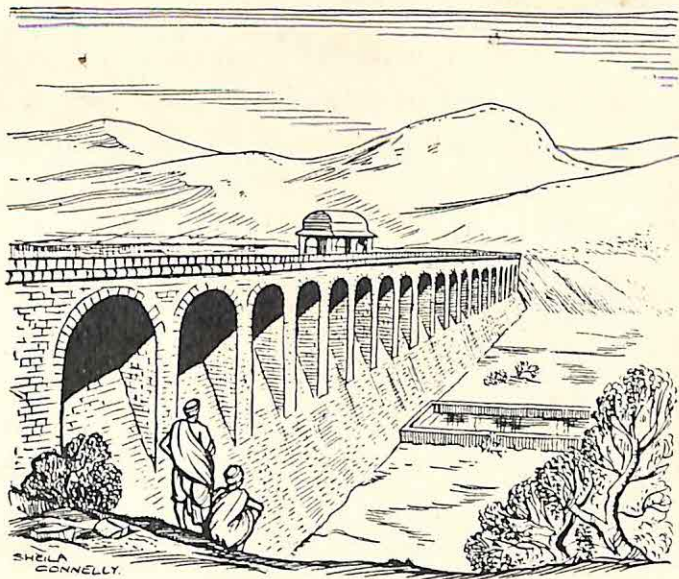


IRRIGATION OF FIELDS

strong wall made with stones, and often with cement.

One of the biggest dams in the world is in north-east India, near Sukkar, on the River Indus. The dam is $1\frac{1}{4}$ miles long. It looks like a long bridge. It has 66 iron gates in the wide, high cement wall. When the gates are open the river flows down the valley. When the gates are shut they press down into the mud, and the river makes a deep lake on the top side of the dam. The gates are shut in the dry months, and open in the wet months. Canals and drains 10,000 miles long take the water from the lake to $5\frac{1}{2}$ million acres of fields. This land would be a desert if the Government had not made this dam.

HOW MEN TAKE WATER TO THEIR FIELDS



A BIG DAM

Dams in many other parts of India make big lakes to store water. This helps the rice harvest each year and saves the people from famine.

THINGS TO DO

1. In a map of the world find the country where the Egyptians live. What is its name? What continent is it in? What big river flows through it? What canal is now near it? What two seas is it near?
2. Try to find a picture of irrigation in one of the rice growing countries, e.g., picture of a dam, a

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canal from the lake, a man pumping water from a river to a drain. If you may, cut it out and paste it in your book. Write under the picture:

Irrigation in . . .

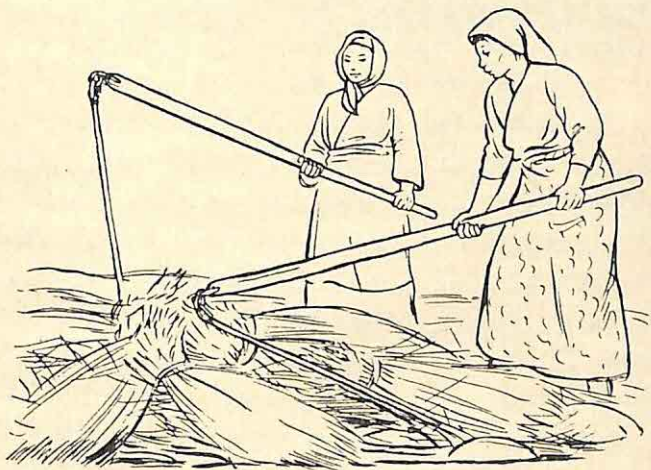
QUESTIONS

1. Write down the names of the months when rain falls in south-east Asia. For how many months does no rain fall?
 2. What paragraph tells you what irrigation is? Copy the sentence that tells you the meaning of the word.
 3. What people knew long ago how to irrigate land?
 4. Why is there sometimes a famine in India? What has the Government done to help the Indians?
- A. Write one noun in place of each of the following:
- (a) A dry land where very few plants can grow.
 - (b) A wall across a valley to make a lake.
 - (c) Not enough food or water so that many people die.
- B. Name three things that are made of iron. Copy the following, then cross out the words that are not true:
- (a) Iron is light, brittle, tough, hard, heavy.
 - (b) Iron will bend, float, sink, break easily.
- C. Put together a noun and an adjective in these lists:
- | | |
|---------------|-------------|
| <i>bridge</i> | <i>deep</i> |
| <i>field</i> | <i>high</i> |
| <i>hill</i> | <i>flat</i> |
| <i>lake</i> | <i>long</i> |

CHAPTER IV

THRESHING, HULLING AND POLISHING

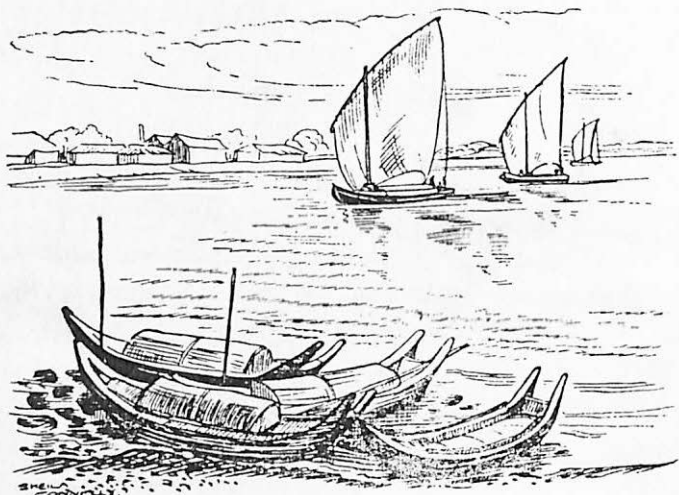
IN India paddy is threshed and winnowed in the same way as wheat. In Burma women do the threshing. They put the heads of paddy on basin-shaped stones and hit them with the end of a heavy post until the paddy breaks from the stalks.



THRESHING PADDY

People cannot eat paddy because the husks are very tough. We call the work of taking off the husks hulling. The women do this as they need the

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BOATS IN BURMA CARRYING PADDY

rice. In Indian villages they boil the paddy in a little water and then put it on mats to dry in the sunshine. The husks split. Then they put this paddy in a tall, narrow, wooden barrel, and hit it with a stick. The end of the stick has a heavy piece of iron on it. The husks come off from the grains. The women fan away the husks and the rice is ready for cooking. It is brown and not white like the rice we buy in a shop or store. This brown rice is a good food. It has vitamins, proteins and starch in it.

If farmers have several paddy fields they often buy little machines called hullers. A man turns the handle of the huller. Paddy goes in at one

THRESHING, HULLING AND POLISHING

end of the machine, rice falls out at the other. The huller rubs off the husk and some of the rice also. The rice that comes out from the huller is not brown but white. Some vitamins and proteins have been lost.

On big paddy plantations machines thresh and winnow the paddy. Then lorries or boats take the sacks of paddy to the rice mills. In Burma many flat-bottom boats carry thousands of sacks of paddy each year down the wide River Irrawaddy to the mills at the port of Rangoon. The mills are on the banks of the river.

In the rice mills very big hullers rub off the husks. Then the rice goes into another machine. This machine rubs off more of the rice and polishes the grains. The rice that comes out from this machine is white, smooth and shining. It is ready for cooking. All the vitamins and proteins are lost when rice is polished. The grains are only white starch. If people eat much polished rice they should also eat a lot of beans, tomatoes, coconuts or fruit with it.

There are now new kinds of rice which will grow well with only a little water in places outside the Tropics. In some parts of the World like the "Murrumbidgee Irrigation Area" of the Murray-Darling Basin in Australia there are many acres of rice fields.

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THINGS TO DO

1. Find a map of Burma. Follow with your pencil the River Irrawaddy from its mouth to its beginning in the mountains.

In what direction does the river flow?

Find Assam, China, Siam, India. Find Rangoon. Follow with your pencil the journey of a ship carrying rice from Rangoon to London. Find Colombo, Aden, Port Said, Gibraltar.

2. If you can, look at paddy, brown rice, white rice, polished rice. Which would you plant? Which is the best food?

QUESTIONS

1. What work does a huller do?
 2. Why should people eat a lot of coconuts, fruit or beans with polished rice?
 3. Name a river and a port in Burma.
 4. Name a country west of Burma, and a country east of Burma.
- A. Write these sentences in the order in which the work is done:

Sometimes machines hull the rice.

Oxen thresh it.

The women plant the paddy.

Many people help to reap it.

- B. Write these words in alphabetical order:
dam paddy tomato coconut rice fruit beans

- C. Write the plural of:
cement tomato rice ox child flower

You may find these words difficult. When you meet them in the book try to think out for yourself what they mean. If you cannot do this, ask your teacher for help.

Nouns

Verbs

barrel	husk	hull
cement	paddy	irrigate
curry	platform	polish
dam	terrace	
famine	irrigation	
huller	vitamin	
	protein	

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19. Glass and Plastics
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21. A Cup of Coffee
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